



Montana State University Extension Service Flathead County Newsletter

Make plans to attend the 2014 Loon Lake 4-H Camp **JULY 21-25**

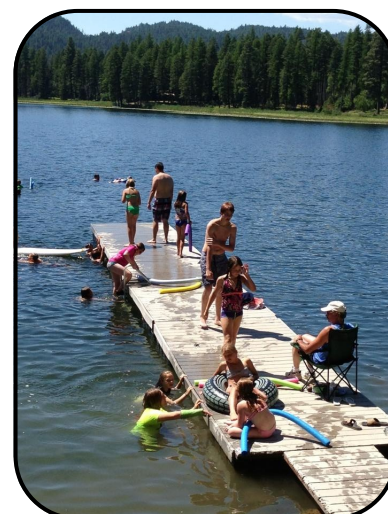
(this camp is located just outside the Bigfork area)

Registration is due to Flathead County Extension by **Friday, July 4th, 2014**.
All those age 8-12yrs are eligible to join.

Fees = \$100.00 for existing 4-H Members,
\$115.00 for all others.

Download application at: flathead.mt.gov/extension/downloads.php

Or Call the Extension office at 758-5553 for more information.



MT STATE 4-H CONGRESS

Please contact the Extension Office asap if you are
interested in attending
MT State 4-H Congress in Bozeman on July 8-11.



What is State 4-H Congress?

A safe and fun state activity for 4-H members ages 14-18 (as of your age on Oct. 1, 2013). During this event, you will travel to Bozeman, stay in the MSU dorms and participate in contests, workshops, entertainment, social events, and much more.

What does State 4-H Congress cost?

The cost is **\$218 per participant** and includes program fees, housing & meals during event (you'll want to bring extra spending money for meals during travel times).

**some scholarship available*

Deadline for Registration to our office is Friday, June 13, 2014.

That way we'll have enough time to get our county's packet off to the state.

Please call the Extension office if you have any questions: 758-5553

ATTENTION!!

ALL market livestock members must have their livestock projects and ONE OTHER 4-H project checked-off by their livestock leader or by the Extension office between July 15 & August 1st.

***Drug Withdrawal & Commitment to Excellence Forms* are due by Friday, August 1st (same as fairgrounds deadline date for registering for fair).** Download forms at: flathead.mt.gov/extension/downloads.php

NW Montana
FAIR & RODEO
AUG 13-17



**Kalispell
Creamery**
INC.
from moo to you

5th Annual Milk and Cookies Event

Kalispell Creamery and Hedstrom Dairy is hosting their 5th Annual Milk and Cookies Open House on

Saturday, June 14th from 10:00 am-4:00 pm.

The open house is located at 400 Lost Creek Drive, Kalispell.

Bring your family for a day of cow exploration!

Triple Livestock Showmanship Clinic

Showmanship is a BIG part of what happens at the fair. If you'd like to learn more about showmanship skills, plan to attend the
Triple Livestock Showmanship Clinic

at the Fairgrounds on **Monday, June 16th at 6:30 pm.**

There will be three separate trainings – all taking place at the same time: one for hog, one for beef and one for sheep. Basic showmanship and grooming your animal for show will be covered in each clinic. The seminars will be held in the older barns on the west side of the Fairgrounds. Lamb members are encouraged to bring their lambs to the clinic if they would like, but it's not mandatory.



4-H PARENTS & VOLUNTEERS...

**This State 4-H Leader retreat
is for you EVEN IF you've never gone before!!
DON'T MISS THIS OPPORTUNITY!**

Sept. 26-27



**SAVE
the
DATE**

September 26-27, 2014

UPCOMING LEADERSHIP RETREAT

ALL 4-H LEADERS ~ this is for you!!

Flathead Lake United Methodist Camp • Rollins, MT

Check the facilities out at www.flatheadcamp.org



“Last Chance” Horse Clinic!!

4PM on June 7th

Show Clipping & Trimming; Show Hoof Care
358 Smith Lake Rd.

Contact Kathleen Sutton @ 471-0236 for more info

Tuesday Night Rides with 4-H Horse Leaders

not considered a sanctioned clinic

5:30-7pm at the Fairgrounds - This opportunity is open to any 4-H member who would like to get out and ride with certified 4-H leaders.

Ranch Horse trainings will also be offered every 1st & 3rd Tuesday from 5:30-7pm at the fairgrounds also.



For anyone who is interested, dog training classes will begin **June 16, 2014** at 6:00 pm; 1892 Columbia Falls Stage Road, Columbia Falls. If your dog has already been to these classes the classes are free for that dog for the rest of the dog's life.

During the first class a video will be shown on dog care and Anni Sutkis will go over the equipment needed, so **no dogs at the first class please.**

Obedience classes will cover all of the basic commands. Dogs will learn how to meet friendly strangers and sit politely for petting. Distractions will be presented in class, such as having a goat walk through while the dogs are doing a “down, stay” or a “sit, stay.”

Classes are open to 4-H and the general public.
Fees are: General Public - \$60.00; 4-H/F.F.A - \$10.00
Any dog who has been through the class before is FREE.

Please call Anni @ 892-5719 or email



2014 State 4-H Horse Show



Dear 4-H Supporters,

The Flathead 4-H Foundation is very excited to be hosting the 2014 *MT State 4-H Horse Show* ~ September 12-14, 2014 in Kalispell, MT.

As the second year of our two-year commitment for this show, we once again are asking for help to make this another amazing experience for 4-H horse members and their families from across the state.

The *MT State 4-H Horse Show* is open to all qualified MT 4-H members working on the horse project ages 9-19. In preparation for this event, 4-H members labor throughout the year to hone their skills and test their abilities; all with the goal of exhibiting outcomes of their hard work to themselves, their families and their peers.

Similar to last year, we anticipate approximately 500 guests at this event. Your tax deductible donation will give all of these folks a chance to learn more about your organization or business. Additionally, it would allow participants an opportunity to increase their critical-thinking and problem-solving skills.

The *MT State 4-H Horse Show* helps 4-H members tackle challenges by using hands-on real world experiences. This high caliber event allows participants a chance to compete with others from across the state and offers, not only an opportunity to see where each excels, but also a formal venue for each to recognize areas they can improve upon in order to make the best, better.

Participants will walk away with increased self-esteem, discipline and character, along with memories that they will cherish forever. For some, this “once-in-a-lifetime” experience would not be available without the generous support of people like you; which is why it is our sincerest hope that you will consider supporting the 2014 *MT State 4-H Horse Show*.

Please see the next page for sponsorship information. If you have any questions, feel free to contact the Flathead County Extension office at 758-5553 or at extension@flathead.mt.gov.

Very sincerely ,
Flathead 4-H Foundation and
4-H Horse Committee



2014 State 4-H Horse Show

2014 Montana State 4-H Horse Show Sponsorship

Hosted by Flathead 4-H Foundation, September 12-14, 2014 at the Majestic Valley Arena

Diamond Sponsors \$1500 each

Three days advertising of banner(s), full page ad in premium book, name announced throughout the weekend, 6 Dinner tickets (RSVP by August 20), option to put poster or coupon in participant bag.

Gold Sponsors \$800 each

Three days advertising of banner(s), 1/2 page ad in premium book, name announced throughout the weekend, 3 Dinner tickets (RSVP August 20), and option to add to participant bag.

Class Sponsors \$250 each

Name and logo on class page in premium book, sponsor class awards including belt buckle and rosettes for 8 places. Name announced before and end of class, picture of class winner, 2 Dinner tickets (RSVP by August 20) and option to add coupons to bag.

Class Sponsor/Commercial Vendor combination deal: \$280.

Spirit Sponsors \$150 each

Large print name listed in premium book, with business address and phone number.

4-H Lucky Sponsors

Smaller donations, products or items for silent auction. Name listed in premium book.

Commercial Vendor \$60 per 15'x6' booth space for 3 days, tables will be provided.

Limited number of display booths available.

Class Sponsor/Commercial Vendor combination deal: \$280.

Please make checks payable to the *Flathead 4-H Horse Committee* (reference *State Horse Show in the memo*), 1108 South Main, Suite #4; Kalispell 59901 – 758-5553. Email: tammy.walker1@montana.edu

Sponsorships are tax deductible and you will receive a receipt for your donation. Please include a business card or the ad info that you would like to include in the premium book. Sponsors are responsible for providing their own banners and any coupons they would like added to entry gift bag. If you have questions, please contact the Flathead County Extension listed below:

Flathead County Extension Agent: Tammy Walker Phone: 406-758-5553 Email: tammy.walker1@montana.edu

Business Name: _____

Contact Person: _____

Address: _____

Phone: _____ **Amount of Donation:** _____

If sponsoring a class, 1st choice for class that you wish to sponsor: _____

If applicable, name & phone# of 4-H member who invited you to become a donor: _____

Please return by August 20, 2014 to ensure you are included in the premium book. Thank You!

**SPONSORS NEEDED for the
FLATHEAD AGAPÉ CLASSIC JR. 4H LIVESTOCK SHOW
Saturday, July 19, 2014**



PRIME CUT SPONSOR

Porterhouse Sponsor - \$150.00; Leg of Lamb Sponsor - \$150.00; Pork Loin Sponsor - \$150.00

This sponsor level gets the business name on all printed materials, which will be distributed statewide. Prime cut sponsors will be announced during the show and provided an area for a booth at the event. (BYOB - Bring your own booth).

BARBEQUE SPONSOR

Hamburger Sponsor - \$75.00

This sponsor level gets the business a booth space in the picnic area. (BYOB - bring your own booth). BBQ sponsors will be announced throughout the show.

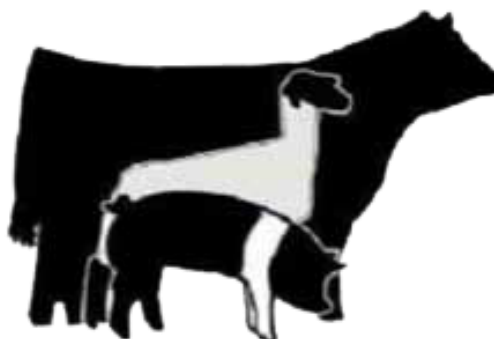
SALAD BAR SPONSOR

You decide! Salad bar sponsors may wish to provide giveaway items for the exhibitors or to donate an amount that meets the budget. Salad bar sponsors will be announced throughout the show.

*Please make checks payable to Agape' P.O. Box 10097 Kalispell, MT 59904
Call Inga Lake @ 261-3807 with questions. Deadline for printed material 6/2/14.*



**DON'T MISS FLATHEAD COUNTY'S
2014 Agape' Classic - Junior 4-H Livestock Show**



WHEN?

July 19, 2014; Hogs & Lambs weigh-in @ 8am
Beef Hip Height @ 11am

WHERE?

Flathead County Fairgrounds

WHAT ELSE DO I NEED TO KNOW?

Open to all 4-H, FFA & Jr. Association Members

Market Steers, Lambs & Hogs - \$15 per class

Breeding Heifers & Lambs - \$15 per class

Showmanship Beef, Lambs & Hogs - \$5 per class

Registration packets available online at: www.flathead.mt.gov/extension
Click on "downloads"

Little Chief Award - sponsored by Western Outdoor

The purpose of this award is to recognize an outstanding senior 4-H member who demonstrate Citizenship and Community Service. Winners must show evidence that they have acquired positive life skills through their activity record and stories. Winner receives a specially designed belt buckle. Applications are **due to the Extension Office by Thursday, July 31st, 2014** and are available in the Extension Office or online at: flathead.mt.gov/extension/downloads.php



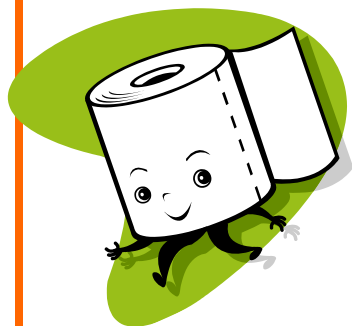
CONGRATULATIONS!

Flathead County 4-H GRADUATES



FIRST NAME	LAST NAME	YRS IN 4H
Elizabeth	Diegel	10
Breana	Franke	7
Andrea	Getts	1
Beki	Hafemeyer	2
Jenifer	Johnson	8
Melissa	Johnson	11
Henrik	Jorgenson	7
Brandon	Maassen	1
Nathanial	McAllister	8
Darrian	Morrison	6
Ashlyn	Nicholson	8
Tanner	Stupack	10
Nora	Underhill	4
Steven	Cook	1
Sarah	Cloninger	4
Glen	Paulson	8
Machaela	Nelson	11
Victoria	Braaten	12
Amber	Pickering	4
William	Cronk	12

Can you Spare a Square?



“Recently I learned that our local veterans pantry is very low on paper products. So I’d like to challenge Flathead 4-H members to help our veterans out — **who can donate the most rolls of toilet paper and paper towels??** If it’s your club, the pizza party is on me!” ~ Bailey Lake

If your club would like to participate in this 4-H challenge, contact Bailey Lake (or mom Inga) and let them know that your club is up for the challenge.

Competition opens on June 1 and closes on July 15.

Call or email the Lake family and they will get you all the info you need: 261-3807 inga.lake@agapehomecareinc.com.



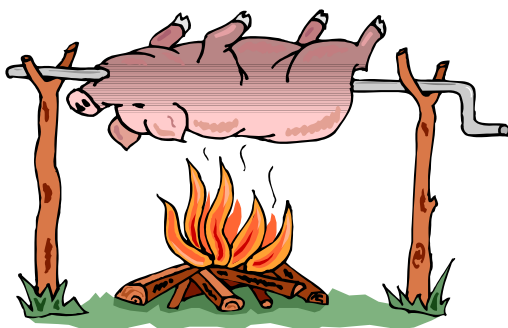
Upcoming 4-H Meetings and Special Events



4-H Awards Banquet

Sept. 6th

Expo Bldg on the Fairgrounds

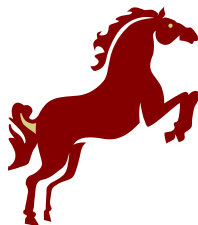


Flathead County 4-H Horse Camp

Was held on May 9th & 10th, 2014 at the Flathead County Fairgrounds with about 50 youth and 30+ adults in attendance.

CONGRATUATIONS and MANY, MANY THANKS

to those volunteer leaders who worked so hard putting the camp together. Without our 4-H Volunteers, our kids who love horses (and their families) would have missed out on such a great opportunity!!



Forums, Committees & Councils

- **Ag/Livestock Committee:** *Thursday, June 5 at 5:30pm in the 4-H Building at the fairgrounds*
- **Flathead 4-H Foundation:** *Thursday, June 5 at 6:30pm in the 4-H Building at the fairgrounds*
- **Horse Committee:** *Thursday, June 12 at 5:45pm in the conference room at the Extension office.*

Upcoming Activities & Other Meetings

- ◇ **Lamb Camp & Jackpot:** *June 6-8 in Bozeman.*
- ◇ **Cloverbud Camp:** *June 6-8 4-H Camp in Ferndale.*
- ◇ **Kalispell Creamery Milk & Cookies Event:** *June 14 from 10-4pm.*
- ◇ **State 4-H Congress:** *Deadline for registration = June 13; Congress is July 8-11 in Bozeman.*
- ◇ **Triple Livestock Showmanship Clinic:** *June 16th at 6:30pm on the fairgrounds.*
- ◇ **4-H Dog Obedience** *June 16th at 6:30pm on the fairgrounds.*
- ◇ **Interstate Exchange:** *June 18th at 5:45pm - 4-H bldg. on the fairgrounds.*
- ◇ **Market Livestock project works needs to be checked-off:** *July 15-Aug 1. See your club leader.*
- ◇ **Flathead 4-H Camp:** *Deadline for registration = July 4th; Camp is July 21-25 at Loon Lake 4-H Camp.*
- ◇ **Agape Jr. Livestock Jackpot:** *July 19 on Fairgrounds.*
- ◇ **NW MT Fair:** *August 9-16.*
- ◇ **4-H Achievement Banquet:** *September 6th*
- ◇ **State Horse Show:** *September 12-14.*
- ◇ **4-H Leaders Retreat:** *September 26-27.*

Spotlighting *Hand to Heart* Candidates

Participants received up to 10pts for effort in their application, 1pt for each interview answer that was community/citizenship based, 1pt for each community/citizenship act they listed, and up to 2pt for above average poise and confidence in their interview. If there was a tie, it was broken by the actual number of community/citizenship acts.

11-13yr Age Group



2014 Hand to Heart Award Winners are....

Cortnee Anello - Sr. Grand Champion (11-13yrs)

Bailey Hewitt - Sr. Reserve Champion (11-13yrs)

Mirrer Bain - Jr. Grand Champion (8-10yrs)

Makenna Hartle - Jr. Grand Champion (8-10yrs)

Bailey Hewitt (*Reserve Champion*) - loves to volunteer through roadside clean-up; helping at the annual pancake supper at the Creston Grange making pancakes; being a runner at the Creston Grange auction fundraiser to buy dictionaries for 3rd graders; she helped clean up at the 4-H camp; served sloppy joes to the homeless and poor at the community kitchen at the Lion's Church; helped clean-up at the Majestic Valley Arena; worked at the Grange booth at the fair; worked at the Lion's Club; painted residents nails at the Immanuel Lutheran Home and visited with them; donated items for her 4-H craft bazaar; helped with a fundraiser dance for cancer patients; and helped teach children archery safety.

Bailey Lake - loves to volunteer by helping with the Flathead Agape' Classic 4-H Junior Livestock Show; serving at the buyers breakfast at the fair; helping at the fair awards; helping with the Interstate Exchange Supper; helps at the Extension office with tabbing cookbooks and sending out mailings; helped other children during the fair with showmanship; raised money for the Alzheimer's Association by creating a team for the Walk to End Alzheimer's; participated in the Pink Me Up walk for Save a Sister program; volunteered on a weekly basis at the Klothes Kloset second hand store; she volunteers in the kindergarten class at school; she is an active participant in her Yearbook Club; and she created a pipe cleaner hearts to sell to raise money for the Humane Society.

Bethany Lyford - loves to volunteer helping on the dairy farm with the calves; help fellow students in school to with difficulties to focus and learn; helps in the kindergarten class as a teacher's aide; she donates her time helping at the boys basketball games after school; helps in the school garden; and she is involved in student council; makes blankets with her 4-H club and gives them to the homeless high school students in the Flathead Valley and the Veterans home; at the fair she shows smaller children how to care for calves; and she helps at the annual Milk and Cookies event at the Kallispell Creamery preparing for the event and educating the public about cows.



Cortnee Anello (*Grand Champion*) - loves to volunteer through fundraising for the Eastside Grange cooking and serving for their Pancake Supper; doing roadside clean-up; cooking and delivering dinner to a family who was having a difficult time; donated food to a needy family during the Thanksgiving holiday; helped her church purchase necessities and toys for children in need on Native Reservations; helped organize and collect food for her local food bank; baked and delivered cookies to senior citizens during the Christmas season; joined another group in caroling and delivering cookies to senior citizens in assisted living; helped purchase and wrap gifts for 10 children for Angel Tree; helped her 4-H club organize, worked, set-up, and clean-up for their annual craft bazaar; helped organize, donated food, and delivered baskets to families in need during the Christmas season; helped other students during riding lessons; and was awarded student of the week for showing leadership skills.

Spotlighting *Hand to Heart* Candidates

8-10yr Age Group

Anna Morrison loves to volunteer by helping younger students learn to read; help at after school functions; she volunteers for 4-H activities such as the buyers breakfast, working the shooting sports food booth during fair, teach kids about animals at fair, and is a runner during the market sale; help set up the shooting sports range; she makes blankets for the Linus Project; and she is stepping up and organizing a food drive for the local food banks by setting up food drop spots.

Gabriella Johnson loves to volunteer through her 4-H club by raising funds through gift wrapping at Murdoch's and doing a breakfast fundraiser; she helped raise funds for Christian Light House Adult Home by taking her horses and providing horseback rides to the community; cleaned up horse piles during a parade; and she sat with a friend during a medical treatment bringing her favorite snack and kept her mind of the treatment by asking her questions about horse shows.

Kylie Green loves to volunteer by helping Veterans through Veterans Operations Socks and bingo; she cheers up the elderly and shut-ins by bringing them Christmas bags; she rakes the neighbor's yard; and mowed her sick grandpa's yard.

Mirrer Bain (*Grand Champion*) - loves to volunteer for the Salvation Army ringing the bell to collect money for the needy; help build a cabin; cared for her great grandmother's lawn; cooked and served for her 4-H club; visited very ill shut-ins; gave clothes, books, and toys to friends in need; searched for a lost dog; helped take down the shooting sports range and sold raffle tickets to raise money; assisting the elderly in church; made and donated Easter Baskets to Interstate Exchange and help set up for the fundraiser dinner; shared her bunny with small children at Columbia Falls story time; participated in the Yellowstone Junior Rangers, Junior Blue Goose Rangers, Keepers Kids program, and the Volunteer Citizen Scientist Program all taught her lessons on being a better steward of the land and to help her community.

Makenna Hartle (*Reserve Champion*) - loves to volunteer for the local food banks by making blankets; takes blankets to local nursing homes for 4-H and her 5th grade class; she does road side clean up; distributes candy in parades; serves food at Murdoch's fund raising BBQ; she raises money to donate a pig for the Friendship House Pig Roast and donates a Christmas tree; she sang Christmas Carols at local nursing homes participating in Girl Scouts; she also volunteers at her church planting and maintaining the flower beds; she also plant and maintain flower beds at the fairgrounds participating in the Future Farmers of Flathead; she walked the relay for life event; and started a hydroponics project which advanced her to the County Science Fair.

TJ Hayek loves to volunteer through his 4-H club by making blankets for veterans, road side clean up, sell trees, sell flowers, sell strawberry plants for fundraisers for earth day; he helped at school with the open house and tells students all about 4-H and the benefits and because of his efforts more students became 4-H members.

Patience Bain loves to volunteer for the Salvation Army ringing the bell to collect money for the needy; help build a cabin; cared for her great grandmother's lawn; cooked and served for her 4-H club; visited very ill shut-ins; gave clothes, books, and toys to friends in need; searched for a lost dog; made and donated a farm cake to Interstate Exchange and help set up and serve for the fundraiser dinner; participated in the Yellowstone Junior Rangers, Junior Blue Goose Rangers, Keepers Kids program, and the Volunteer Citizen Scientist Program all taught her lessons on being a better steward of the land and to help her community.

Shelby Olsen loves to volunteer at the through her 4-H club at the Veteran's Home carving pumpkins at Halloween and planting flowers; she also helps at her mom's greenhouse planting, making wreaths, and selling Christmas trees; she also helps at school and in social situations with a special needs student; she participates in the school band; participated in Relay for Life; and she started a cancer survivor group called Kids Connected in the Flathead Valley.

Wyatt Hewitt loves to volunteer for the Creston community by making pancakes to raise money for dictionaries for 3rd graders; he did highway clean up; he served food for the Grange hall to raise money; helped raise money for his 4-H club by baking goodies; he cleaned up at the 4-H camp clean-up day; he volunteered as a runner at the Creston Auction to help the local fire department; and he helped teach children archery safety and how to bait a hook and fish at the Sportsman's Expo.





MSU Extension Service – Flathead County

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Agriculture, Natural Resource & Community Development Extension Agent

Tammy Walker

4-H & Youth Development Agent

Dee Dryden-Cooper

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Nancy Roberts

SNAP Educator

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Email: extension@flathead.mt.gov

Web: <http://flathead.mt.gov/extension>

State Web Sites:

www.msuextension.org

www.montana4h.org

SNAP Recipe of the Month

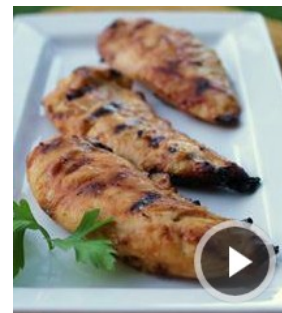


Honey Mustard Grilled Chicken

Prep Time: 15 minutes Cook Time: 20 minutes Makes 4 servings

Ingredients:

1/3 cup Dijon mustard
1/4 cup honey
2 TBSP mayonnaise
1 tsp. steak sauce
4 skinless, boneless chicken breasts



Directions:

Preheat grill for medium heat.

In a shallow bowl, mix the mustard, honey, mayonnaise and the steak sauce. Set aside a small amount of honey mustard sauce for basting, and dip the chicken in the remaining sauce to coat.

Lightly oil the grill grate. Grill chicken over indirect heat for about 18 – 20 minutes, turning occasionally, or until juices run clear. Baste occasionally with the reserved sauce during the last 10 minutes. Watch carefully to prevent burning.

Nutrition Facts:

Calories 266	Carbohydrates 22g
Cholesterol 70mg	Fat 8.3g
Fiber 1 g	Protein 24.7g
Sodium 618mg	

Supplemental Nutrition Assistance Program Education enables young families, single recipients and seniors to learn how to best use their food stamp dollars in providing healthy nutrition for themselves and their families. Adults can sign up for a 6 week course that is fun and provide the basic concepts of good nutrition. The only requirements to join in the classes are: that a person is receiving WIC assistance; either receiving food stamps or are eligible to receive them; or are getting commodity foods. Please call Nancy at the Flathead County Extension office at 758-2448 to sign-up for classes.

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